



The Diabetes Cookbook

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The Diabetes Cookbook

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The Diabetes Cookbook DK Publishing

Managing your diet is the key to good diabetes control. Featuring more than 250 delicious recipes for lunch, dinner, and healthy snacks, *The Diabetes Cookbook* is guaranteed to tempt taste buds and contribute to the health and well-being of everyone with diabetes.

For readers who like to be prescribed exactly what to eat, the two four-week meal plans ("A New Way of Eating" and "The Sustainable Weight-Loss Plan") suggest what to prepare for breakfast, lunch, dinner, and snacks for a healthy balanced diet.

GI charts and lists of "Appetizing Alternatives" complete the volume giving those affected by Type 2 Diabetes a cookbook that promises eating can continue to be one of life's great pleasures, as well as the most important part of a treatment plan.

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